

Get Up & Move...

The South Dakota FCCLA Family Peer Education Team would like to inform you about our state project dealing with Families and Fitness.

Throughout the 2005-2006 school year, we would like your chapter to complete as many fitness and health activities as possible with the family.

Examples are:

- © Family Fun Night w/ Healthy Snacks
- © Family Dances
- © Family Walks (recording miles walked)

Please send what activities your chapter has accomplished to Mrs. Hohbach by April 1st. (Include pictures, newspaper articles, etc.) We will compile these into a book for all to see at the state meeting.

Ellen Hohbach - Plankinton High School P.O. Box 190 Plankinton, SD 57368

Get your families together and be

active! Thank you.